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中国与东南亚的中医药交流及其影响
(秦汉-清末)

A Study on Traditional Chinese Medicine Exchanges and Its
Influences Between China and Southeast Asia from the Qin
Dynasty to the Late Qing Dynasty

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摘要

中国与东南亚地区中医药的广泛交流，首先在于中医药的先进性。中医药是中华民族在自己成长发展的历史进程中进行的伟大创造，在世界医药的总体格局中，占有重要的地位，并且在很长的时期内居于领先的水平。先进的中医药，不仅给世代的中国人以滋养，而且不断地向海外输出、传播和发生影响。

中国与东南亚地区中医药的交流，还在于中医药的开放性。中医药在自身的成长过程中，形成了健全的传播和接受机制，具有全面开放的广阔胸襟，与东南亚各国和各民族进行了广泛的交流，互相影响、相互补充、彼此渗透，不断借鉴、吸收、融合。

本文以时间为顺序，评述从秦汉时代至清代各个历史时期中国与东南亚各个国家和地区中医药交流发生、发展的特点；阐述双方中医药交流的各种方式，包括朝贡贸易、私人贸易和移民等；同时也详细介绍了彼此中医药交流的丰富内容，比如中药材、医学技术、医药书籍、医学理论甚至相关的医药文化和习俗；当然，对中国与东南亚中医药交流影响的阐释，是必不可少的，因为它可以使我们更好的理解中医药交流中所存在的“势差现象”与“双向对流”的关系，也使我们能够更深层的了解中医药交流给双方社会所带来的变化。

通过具体的历史考察，本文认为从秦汉至清末中国与东南亚的中医药交流是一个循序渐进、由表及里、由浅入深的过程，其发展大致可分为三个层面：第一，秦汉隋唐时期，是中国与东南亚中医药交流的初始期。这一时期双方的交流仍停留于表面形式，只是简单的药物和零星的医士的交流；第二，宋元时期，中国与东南亚中医药交流进一步发展。这一时期，中国与东南亚中医药的交流已从秦汉隋唐时期简单的药材、药物及零星医士人员的交流，发展到进行中医药的技术、制度和方法上的交流。第三，明清时期，中国与东南亚中医药交流往更深层发展。即从宋元时期的技术、制度和方法上的交流，发展到了明清时期的中医药学的理论以及中医药文化上的交流。这也是中国与东南亚中医药交流的最高层次。

关键词： 中国 东南亚 中医药

ABSTRACT

The advanced of Traditional Chinese Medicine promotes extensive exchanges between China and Southeast Asia. Traditional Chinese Medicine, the great invention coming along Chinese history, occupied an important place in overall situation of world pharmaceutical field and took the leads for a long period. The advanced of Traditional Chinese Medicine nourished generations of Chinese and exported to exert influences beyond the sea.

Moreover, the openness of Traditional Chinese Medicine facilitates its formation of sound transmission and acceptance mechanism. With opening up and broad-minded view, Traditional Chinese Medicine benefits extensive exchanges, mutual permeation, influencing and blending between China and all nations and peoples in Southeast Asia.

This paper intends to examine characteristics of Traditional Chinese Medicine exchanges between China and all countries and regions in Southeast Asia as a function of time from the Qin and Han Dynasty to the Qing Dynasty. Furthermore, the paper demonstrates ways of Traditional Chinese Medicine exchanges including tributary trade, private trade and migrants, in the meantime, substantial content of Traditional Chinese Medicine exchanges, ranging from traditional Chinese Medicine materials, medicine technology, medicine books, and medicine theory to related medicine culture and custom, were detailed introduced. It is absolutely necessary to elaborate exchange influences of Traditional Chinese Medicine between China and Southeast Asia as a result of making better sense of relations of potentiation and bilateral flow in exchanges, and deeply making out influences that Traditional Chinese Medicine exchanges exercised over bilateral societies.

This paper explores the history of three stages of Traditional Chinese Medicine exchanges between China and Southeast Asia. To begin with, the first stage initiated from the Qin and Han Dynasty to the Sui and Tang Dynasty in the way of simple exchange of medicine and a few doctors and nurses. Secondly, the second stage

furthered development in the Song and Yuan Dynasty as exchanging technology, system and method in Traditional Chinese Medicine. Finally, the third stage deepened progress in the Ming and Qing Dynasty in the manner of exchanging theory and culture of Traditional Chinese Medicine, as a result turning to the highest level of Traditional Chinese Medicine exchanges between China and Southeast Asia.

Keyword: China Southeast Asia Traditional Chinese Medicine

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